



The Journal

Vol. 29

No. 5

www.dcmilitary.com/journal/

February 9, 2017



U.S. Navy photo by MC3 William Phillips



Holcomb Talks
Readiness
- Page 3



Cooling Towers
Ribbon Cutting
- Page 8



New Lactation
Suites Open
- Page 9

Meet Sgt. William Carney: The First African-American Medal of Honor Recipient

By Katie Lange
Do News

Of the 3,498 service members who have received the Medal of Honor throughout U.S. history, only 88 have been black.

Army Sgt. William H. Carney was the first of the nation's 88 African-American Medal of Honor recipients, earning the medal during the Union Army's charge on Fort Wagner during the Civil War. Army photo

Army Sgt. William H. Carney was the first of the nation's 88 African-American Medal of Honor recipients, earning the medal during the Union Army's charge on Fort Wagner during the Civil War. Army photo

In recognition of African American History Month, we're sharing the stories of the brave men who so gallantly risked and gave their lives for others, even in times when others weren't willing to do the same in return.

We'll start with the first black recipient of the award: Army Sgt. William H. Carney, who earned the honor for protecting one of the United States' greatest symbols during the Civil War — the American flag.

Born Into Slavery

Carney was born into slavery in Norfolk, Virginia, in 1840. His family was eventually granted freedom and moved to Massachusetts, where Carney was eager to learn and secretly got involved in academics, despite laws and restrictions that banned blacks from learning to read and write.

Carney had wanted to pursue a career in the church, but when the Civil War broke out, he decided the best way he could serve God was by serving in the military to help free the oppressed.

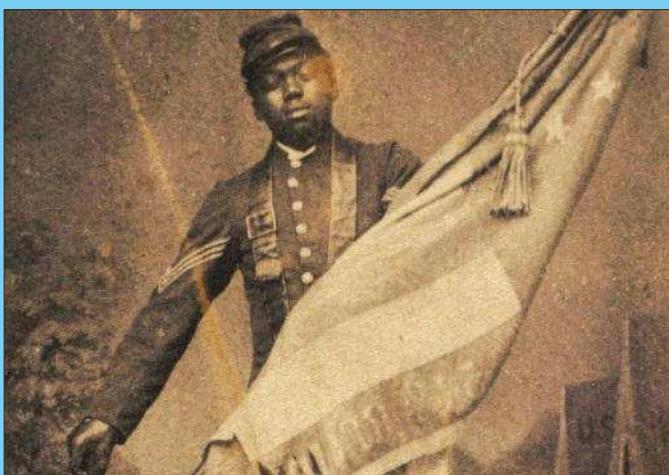
In March 1863, Carney joined the Union Army and was attached to Company C, 54th Massachusetts Colored Infantry Regiment, the first official black unit recruited for the Union in the north. Forty other black men served with him, including two of famed abolitionist Frederick Douglass' sons.

Within a few months, Carney's training would be put to the ultimate test during the unit's first major combat mission in Charleston, South Carolina.

Charge on Fort Wagner

On July 18, 1863, the soldiers of Carney's regiment led the charge on Fort Wagner. During the battle, the unit's color guard was shot. Carney, who was just a few feet away, saw the dying man stumble, and he scrambled to catch the falling flag.

Despite suffering several serious gunshot wounds himself,



U.S. ARMY PHOTO

Army Sgt. William H. Carney was the first of the nation's 88 African-American Medal of Honor recipients, earning the medal during the Union Army's charge on Fort Wagner during the Civil War.

Carney kept the symbol of the Union held high as he crawled up the hill to the walls of Fort Wagner, urging his fellow troops to follow him. He planted the flag in the sand at the base of the fort and held it upright until his near-lifeless body was rescued.

Even then, though, he didn't give it up. Many witnesses said Carney refused to give the flag to his rescuers, holding onto it tighter until, with assistance, he made it to the Union's temporary barracks.

Promoted for His Actions

Carney lost a lot of blood and nearly lost his life, but not once did he allow the flag to touch the ground. His heroics inspired other soldiers that day and were crucial to the North securing victory at Fort Wagner. Carney was promoted to the rank of sergeant for his actions.

For his bravery, Carney was posthumously awarded the Medal of Honor on May 23, 1900.

Carney's legacy serves as a shining example of the patriotism that Americans felt at that time, despite the color of their skin.

As for the 54th Massachusetts Colored Infantry Regiment in which Carney served? It was disestablished long ago, but reactivated in 2008. It now serves as a National Guard ceremonial unit that renders honorary funerals and state functions. It was even invited to march in President Barack Obama's inaugural parade.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date.

News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Jeremy Brooks
Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor	MC2 Hank Gettys
WRNMMC Editor	Bernard Little
Writers	Andrew Damstedt Kalila Fleming Megan Garcia MC1 Christopher Krucke Joseph Nieves MC3 William Phillips

Bethesda Notebook

Drug-Free Workplace

Drug-free workplace training is required for all Walter Reed Bethesda GS civilian employees who have not attended any previous session. The next half-hour training sessions are Feb. 13 in Building 10's Clark Auditorium beginning at 6:30 a.m., 10 a.m., 1 p.m. and 3 p.m. For more information, call Andrea Calizo at 301-319-4572 or Monte Clingerman at 301-295-0308.

WRNMMC Town Hall

The next Walter Reed Bethesda Town Hall meetings are Feb. 14 at 7:30 a.m. in Building 10's Clark Auditorium and at noon in Building 2's Memorial Auditorium. All Walter Reed Bethesda staff members are encouraged to attend at least one of the meetings.

Prostate Cancer

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Feb. 16 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room on the third floor. Spouses and partners are invited. Military identification is required for base access to Walter Reed Bethesda. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak, patient educator for the Prostate Center, at 301-319-2918.

Black History Month

The Multicultural Committee at Walter Reed Bethesda will host a Black History Month observance on Feb. 23 at noon in Building 2's Memorial Auditorium. Everyone is invited to attend.

NSA Bethesda

Fleet And Family Support Center 301-319-4087

NSAB Emergency Info 301-295-6246

NSAB Ombudsman

Dedra Anderson 301-400-2397

NSAB Chaplain's Office 301-319-4443

301-319-4706

Installation SARC

Priscilla DePinto 301-400-2411

Troop Command SARC

Rosemary Galvan 301-319-3844

SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

Army's Chief Nurse Discusses Priorities at WRNMMC

By Kalila Fleming
WRNMMC Public Affairs

The Army's top nurse stressed readiness and professional development during a meeting with nurses at Walter Reed National Military Medical Center Jan. 13.

Maj. Gen. Barbara Holcomb became the 25th Army Nurse Corps chief Nov. 2, 2015. She also serves as commanding general, Medical Research Materiel Command at Fort Detrick, Maryland. During the Nurse's Call at WRNMMC in January, Holcomb outlined her priorities for the ANC, with readiness, both individual and professional, being at the top of the list.

"When called to action, we must ensure we have the knowledge, clinical skills and capabilities to respond at a moment's notice anywhere, under any condition. Safe, quality, compassionate care of our patients is essential. Patients are why we are here," the ANC chief has stated concerning readiness.

In regards to professional development, Holcomb said, "Train someone to do your job and delegate those other tasks to your subordinates so it's not new to them when they move up."

"Within the [ANC], we recognize the need to ensure that leaders at all levels receive the developmental support necessary to enable them to realize their full potential. Professional growth; opportunities to develop knowledge, skills, and abilities; creating the right

conditions to help achieve goals and meet expectations; and conducting regular basic counseling, teaching, and mentoring are how we will grow the next generation of leaders," she recently stated.

Other topics the general discussed included growth of ambulatory nursing skills and a focus on civilian nursing personnel.

Navy Capt. Valerie Morrison, WRNMMC's director of nursing services, said Walter Reed Bethesda "is fully in alignment" with Holcomb's priorities.

"Within the nursing arena, we work as a team. We must not only ensure that our new nurses are prepared and clinically competent to deploy, but also to train our hospital corpsmen, medics, and technicians critical skills they need when forward deployed," Morrison said concerning readiness.

"As leaders, we should always be working ourselves out of a job," Morrison explained regarding professional development. "WRNMMC has established mechanisms to assist with leadership development, from our Leadership Academy to the LEAD 2.0 program, which offer forums on topics such as conflict resolution and teamwork," Morrison added.

Holcomb said expanding the role nurses play in primary care and ambulatory services enhance access to care and improve quality, safety and the patient care experience. Morrison



PHOTO BY KALILA FLEMING

Chief of the Army Nurse Corps Maj. Gen. Barbara Holcomb discusses her top priorities, including readiness and professional development, during a Nurse's Call at Walter Reed Bethesda on Jan. 13.

agreed, adding "Exposure and training in the ambulatory care area is a valuable asset and includes patient education and the management of transitions of care."

Holcomb and Morrison also agreed on the value of civilian nurses. The nursing leaders explained civilian nurses help provide continuity of operations, corporate knowledge, and clinical expertise. While military nurses move to different locations throughout their careers, civilian nurses generally remain at facilities longer, providing that continuity, corporate knowledge and experience.

"I had the privilege of helping prepare for [Holcomb's] visit to WRNMMC and also tasked as her

escort during her walkthrough of the hospital. She provided us with a wealth of information regarding the future of the ANC and the way forward now that all branches will become a larger Defense Health Agency," said Army Capt. Ghariwayne Fornillos, a clinical nurse specialist at Walter Reed Bethesda.

"I was personally interested in the Nurse Corps' research efforts and the move for more primary care assignments for our junior officers," Fornillos added. "I was glad that [this] was on the ANC chief's agenda, as I believe that these areas will help groom our nurses to be well-rounded leaders and clinicians in the future," the captain said.

Pediatric Primary Care and Pediatric Dentistry Celebrate National Children's Dental Health Month

By Shannon Brockman, MD & Clayton Cheung, DDS

Early childhood cavities are the #1 chronic disease affecting young children. In fact, cavities are five times more common than asthma and seven times more common than hay fever. The American Academy of Pediatrics and American Academy of Pediatric Dentistry recommend your child be enrolled in a dental home and seen by a pediatric dentist by his or her first birthday. This February, Walter Reed Pediatrics and Pediatric Dentistry are teaming up to celebrate National Children's Dental Health Month.

Daily tooth cleaning using a soft toothbrush with fluoride toothpaste should start as soon as your baby's first tooth appears. Use a smear of fluoride toothpaste for children younger than three years and a pea-sized amount of fluoride toothpaste for kids older than three years. Supervise your child during brushing until mastery is obtained, usually around eight years



PHOTO COURTESY NMPDC

Naval Postgraduate Dental School Resident and staff help a young patient and her parent learn about nutrition during the 2016 Children's Dental Health Month Dental Fair.

of age. While you supervise, check your child's teeth for white, yellow, or brown spots or lines on the teeth, early signs of tooth decay.

Not sure what to expect at your child's first dental appointment? The primary goal of the initial visit is education. Your pediatric dentist will

review proper brushing technique, the use of fluoride, teething, pacifier and bottle use, and oral trauma protocols. Knowledge is prevention and every cavity is preventable!

Here are a few basic tips to ensure a sparkling smile:

Brush two minutes, two times daily.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Choose fluoridated tap water to prevent and reverse tooth decay.

Visit your dentist regularly.
To enroll your child in dental coverage, visit the Tricare Beneficiary Web Enrollment website at bit.ly/2hD7ruS, follow the log in instructions, and select the dental tab. When searching for a Tricare-approved dentist for your child, select "Pediatric Dentist" from the "Specialty" menu to ensure that you find an appropriately-trained provider. Ask your pediatrician or pediatric dentist if you have any questions. Happy National Children's Dental Health Month!



PHOTOS BY MC3 WILLIAM PHILLIPS

NSAB security personnel engage a suspect during an active shooter drill Feb. 2 at the Bethesda Navy Exchange. The exercise was part of Solid Curtain Citadel Shield 2017.

NSAB Participates in Citadel Shield

By MC3 William Phillips
NSAB Public Affairs

Gun shots ring out through speakers set up in the shoe department of the Navy Exchange Bethesda Feb. 2.

The artificial gun shots are a part of the active shooter portion of Solid Curtain/Citadel Shield 2017.

“It’s an annual Navy-wide assessment of an installation’s force protection posture,” said Master-at-Arms 2nd Class Brian Barton, the Anti-Terrorism Training Team assistant coordinator. “It gives the Navy an ability to see how all of the bases are responding at regional level.”

The exercise is designed to train security personnel in dealing with an active shooter on base and learn where the security department can work on.

“The event helps security personnel in realizing what areas we could work on in training and what we are doing well in,” said Master-at-Arms 2nd Class Joshua Reynolds, exercise coordinator. “We can focus in on our weaknesses, so in case something was to happen in real life, we will be able to accomplish the mission because we have already trained for a similar situation.”

Solid Curtain also gives personnel other than security a view of what security does for the base.

“This helps personnel on base to get an understanding of what security personnel go through in an actual event,” said Reynolds. “Things that they aren’t used to like gate closures or road closures, may seem like an inconvenience now but if



NSAB security personnel clear the Navy exchange during an active shooter drill Feb. 2 at the Bethesda Navy Exchange. The exercise was part of Solid Curtain Citadel Shield 2017.

a real event were to happen then they can have the peace of mind to know that we have trained for the situation.”

The Navy Exchange at Bethesda hosted the active shooter drill this year because of the tough environment law enforcement would face in an actual incident.

“The Exchange is one of our most populated areas on base as far as foot traffic goes,” said Reynolds. “It could be a likely target because people are in there shopping and they aren’t expecting anything like that to happen. There have been instances where

an active shooter has gone into a mall or shopping center and started shooting. We just want to be as ready for any situation as we can be.”

While there is still room to improve, Reynolds said that all the objectives have been met and he is satisfied with his department’s performance.

To make sure NSAB is ready for different incidents they train for multiple scenarios that train more than just security forces.

“We also have a number of different exercises that we put our naval security forces and our civilian security force through so they work together to accomplish the mission,” said Reynolds. “We might do an exercise that has someone running the gate with an IED. We just had the active shooter that involved bringing in fire and EMS for treatment. We will also have false credential drills, where someone will try to get on base with a fake id. The reason for this is to check our sentry’s ability to pick up on it and detect it and deal with it accordingly.”

NSAB participates in drills like these to make the base more secure.

“There is always a chance that someone could attempt to attack the base,” said Barton. “By making the base a harder target for them, we are making the probability lower because we have already trained for a response. If someone happens to be observing the base and sees that we are able to respond to these types of events it does help minimize the likelihood of someone going through with the attack.”



PHOTO BY JOSEPH D. NIEVES

In observance of National Wear Red Day Feb. 3, staff members from Walter Reed Bethesda's Cardiology and Women's Health/GYN wear red to show support of heart disease awareness. Several events are lined up during Heart Health Month including, woman and heart disease (Feb. 9, 10 a.m., Bldg. 9); heart failure awareness, tobacco cessation and disease management (Feb. 14, 10 a.m., America Bldg.); hyperlipidemia (Feb. 22, 11 a.m., Bldg. 9); and stroke information (Feb. 28, 11 a.m., Bldg. 9).

JOINING TAKES MINUTES. BENEFITS LAST A LIFETIME.

For generations, we've been there every step of the way. With over 290 branches worldwide, a nationwide network of ATMs, 24/7 live phone support and Mobile* and Online Banking with free Bill Pay, we're uniquely suited to serving servicemembers and their families—at home and abroad.



ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
FAMILY

Your immediate family, including grandparents, parents, spouse, siblings, children, grandchildren and household members, can join, too!

JOIN TODAY!

navyfederal.org 1.888.842.6328



VALENTINE'S DAY is Tuesday February 14



Come Celebrate Valentines day with us on Tuesday February 14th

245 Muddy Branch Road, Gaithersburg, MD

il Porto
Fine Italian Restaurant

301 590-0735
www.ilportorestaurant.com

EUROPEAN STYLE CAFE..... SPECIALIZING IN GLUTEN FREE

Lilit Café
GOURMET FOOD & FINE WINE

7921 Old Georgetown Rd.
Bethesda, MD
301-654-5454
www.LilitCafe.com

10% OFF
With this Coupon
Not valid on retail beer, wine, baked goods and other retail items. Not valid on Holidays

**Buy 2 Meals
Get a Super Salad
or Any Dip
FREE**
with this ad

15% OFF
Total Check with this ad

4806 Rugby Avenue Bethesda, MD 20814
301-312-8384 www.yamasgrill.com

The GOLDSMITHS
Dealers in Dreams

Let us help you envision your unique creation

7700-N Wisconsin Avenue
Bethesda, Maryland
2 Hour FREE PARKING
301.907.8114
www.goldsmithsdealersindreams.com

MAGGIANO'S
LITTLE ITALY

Our philosophy is a simple one: when you don't come to our place, we bring the best of everything to yours, and set it up all for you.

\$25 OFF
Your Next Delivery Order
Min. Order \$150
15% Delivery Fee

CHEVY CHASE
5333 Wisconsin Ave. NW | Washington, D.C. 20015
202-966-5500

Celebrate Valentine's Day Dinner at

Helen's
ON THE
Pike

February 12 and 14, 2017 - Reservations 5:00-9:00PM

Valentine's Dinner 2017

APPETIZERS

CURED GRAVAX
on Crispy Crostades with Wasabi Cream Served with Herbs and Sherry Vinaigrette

RAVIOLI OF CRAB AND SCALLOP
With Ginger Crab Sauce

HELEN'S GRILLED BABY ROMAINE CAESAR SALAD
with Crispy Tofu Croutons, Herbed Tomatoes, Shaved Parmigiano Reggiano • Caesar Dressing

CHEESE WONTONS
With a Dab of Guacamole

ENTREES

BEER TENDERLOIN
With Parmesan-Herb Stuffing • Red Wine Sauce • Served over Mashed Yukon Gold Potatoes

CLASSIC DUCK A L'ORANGE
Sautéed Breast Infused with Orange and Grand Marnier Liqueur
Served with Buttermilk Squash

HALIBUT WITH SHERRY SAUCE
Served over Potato Roasted Cauliflower

ROASTED SALMON
With a Mustard-Sriracha Glaze Served with Sauteed Kielbasa

POTATO-RICOTTA GNOCCHI
With Cremini and Shitake Mushrooms

DESSERTS

SERVED WITH A GLASS OF CHAMPAGNE
HEART-SHAPED CHOCOLATE RASPBERRY CAKE
BLACKBERRY COULIS
With Creme de Cassis

PRALINE SHELL
With a Scoop of White Chocolate with Branded Cherries Ice Cream • Micro Mint

CHOCOLATE BEIGNETS
With Decadent Chocolate Sauce, Whipped Cream

\$55 per person

11120 Rockville Pike, Rockville, MD
(240) 403-7007 • www.helensorthepike.com

THE ORIGINAL
Velatis
FAMOUS CARAMELS SINCE 1866

simply irresistible

Velatis has been making Washington, D.C. a little sweeter since 1866. Our decadent Caramels are made from only the finest all natural ingredients with no preservatives.

Our traditional Chewy Caramels are awesomely delicious. And our Sugary-style Caramels are a delightful treat that melt in your mouth.

We carry a wide variety of Caramels, Sea Salt Turtles, Toffees, Belgian Chocolates and Truffles.

Use coupon code MA17 to receive 10% off your order of \$20. or more.

8408 B Georgia Ave.,
Silver Spring, MD 20910
301-578-8612

Pentagon Concourse
#2E117
703-553-0003

velatis.com

expires 3/10/17

henry's
sweet retreat

Come check out Bethesda's newest sweets shop - candy, fudge, bakery, chocolates, ice cream and more! Lots of Valentine gift ideas!

Free cookie, of any kind, if you bring in this ad.

We appreciate Naval Support Activity Bethesda supporting the local, small businesses!

4823 St. Elmo Avenue,
Bethesda, MD
240-483-0485
www.henryssweetretreat.com

Bethesda
Chocolates
EXQUISITE HANDMADE CHOCOLATES

Happy Valentines Day from Bethesda Chocolates!

10% Military Discount

8003 Woodmont Avenue,
Bethesda MD 20814
240 483-0877

Open: Mon - Sat 7 am to 8:30 am/Sun 10 am - 6 pm

VALENTINE'S DAY is Tuesday February 14



Come Celebrate Valentines day with us on Tuesday February 14th

245 Muddy Branch Road, Gaithersburg, MD

il Porto
Fine Italian Restaurant

301 590-0735
www.ilportorestaurant.com

EUROPEAN STYLE CAFE..... SPECIALIZING IN GLUTEN FREE

Lilit Café
GOURMET FOOD & FINE WINE

7921 Old Georgetown Rd.
Bethesda, MD
301-654-5454
www.LilitCafe.com

10% OFF
With this Coupon
Not valid on retail beer, wine, baked goods and other retail items. Not valid on Holidays

**Buy 2 Meals
Get a Super Salad
or Any Dip
FREE**
with this ad

15% OFF
Total Check with this ad

4806 Rugby Avenue Bethesda, MD 20814
301-312-8384 www.yamasgrill.com

The GOLDSMITHS
Dealers in Dreams

Let us help you envision your unique creation

7700-N Wisconsin Avenue
Bethesda, Maryland
2 Hour FREE PARKING
301.907.8114
www.goldsmithealersindreams.com

MAGGIANO'S
LITTLE ITALY

Our philosophy is a simple one: when you don't come to our place, we bring the best of everything to yours, and set it up all for you.

\$25 OFF
Your Next Delivery Order
Min. Order \$150
15% Delivery Fee

CHEVY CHASE
5333 Wisconsin Ave. NW | Washington, D.C. 20015
202-966-5500

Celebrate Valentine's Day Dinner at

Helen's
ON THE
Pike

February 12 and 14, 2017 - Reservations 5:00-9:00PM

Valentine's Dinner 2017

APPETIZERS

CURED GRAVAX
on Crispy Crostades with Wasabi Cream Served with Herbs and Sherry Vinaigrette

RAVIOLI OF CRAB AND SCALLOP
With Ginger Crab Sauce

HELEN'S GRILLED BABY ROMAINE CAESAR SALAD
with Crispy Tofu Croutons, Herbed Tomatoes, Shaved Parmigiano Reggiano • Caesar Dressing

CHEESE WONTONS
With a Dab of Guacamole

ENTREES

BEER TENDERLOIN
With Parmesan-Herb Stuffing • Red Wine Sauce • Served over Mashed Yukon Gold Potatoes

CLASSIC DUCK A L'ORANGE
Sautéed Breast Infused with Orange and Grand Marnier Liqueur
Served with Buttermilk Squash

HALIBUT WITH SHERRY SAUCE
Served over Potato Roasted Cauliflower

ROASTED SALMON
With a Mustard-Sriracha Glaze Served with Sauteed Kielbasa

POTATO-RICOTTA GNOCCHI
With Cremini and Shitake Mushrooms

DESSERTS

SERVED WITH A GLASS OF CHAMPAGNE
HEART-SHAPED CHOCOLATE RASPBERRY CAKE
BLACKBERRY COULIS
With Creme de Cassis

PRALINE SHELL
With a Scoop of White Chocolate with Branded Cherries Ice Cream • Micro Mint

CHOCOLATE BEIGNETS
With Decadent Chocolate Sauce, Whipped Cream

\$55 per person

11120 Rockville Pike, Rockville, MD
(240) 403-7007 • www.helensorthepike.com

THE ORIGINAL
Velatis
FAMOUS CARAMELS SINCE 1866

simply irresistible

Velatis has been making Washington, D.C. a little sweeter since 1866. Our decadent Caramels are made from only the finest all natural ingredients with no preservatives.

Our traditional Chewy Caramels are awesomely delicious. And our Sugary-style Caramels are a delightful treat that melt in your mouth.

We carry a wide variety of Caramels, Sea Salt Turtles, Toffees, Belgian Chocolates and Truffles.

Use coupon code MA17 to receive 10% off your order of \$20. or more.

8408 B Georgia Ave.,
Silver Spring, MD 20910
301-578-8612

Pentagon Concourse
#2E117
703-553-0003

velatis.com

expires 3/10/17

henry's
sweet retreat

Come check out Bethesda's newest sweets shop - candy, fudge, bakery, chocolates, ice cream and more! Lots of Valentine gift ideas!

Free cookie, of any kind, if you bring in this ad.

We appreciate Naval Support Activity Bethesda supporting the local, small businesses!

4823 St. Elmo Avenue,
Bethesda, MD
240-483-0485
www.henryssweetretreat.com

Bethesda
Chocolates
EXQUISITE HANDMADE CHOCOLATES

Happy Valentines Day from Bethesda Chocolates!

10% Military Discount

8003 Woodmont Avenue,
Bethesda MD 20814
240 483-0877

Open: Mon - Sat 7 am to 8:30 am/Sun 10 am - 6 pm



Representatives from Naval Support Activity Bethesda (NSAB), Naval Facilities Engineering Command Washington and Walsh Construction cut a ribbon to mark the completion of new cooling towers at NSAB.

PHOTO BY MC2 HANK GETTYS

NSAB Ceremony Marks Completion of Cooling Towers

By Andrew Damstedt
The Journal

Naval Support Activity Bethesda (NSAB) marked the completion of new cooling tower at a ceremony Jan. 31.

"It's funny to be talking about a cooling tower on a rather brisk day in the winter," said Capt. Rick Burgess, Commanding Officer, Naval Facilities Engineering Command (NAVFAC) Washington, in front of the new cooling towers.

Burgess praised those who worked on the project and said it ran "extraordinarily smoothly."

"There are people whose job it is – and you're among them – to worry about all the machinery and all the stuff that allows the patients to come here and concentrate on getting better and caregivers concentrating on giving the best care possible," Burgess said. "You are the folks that are behind the scenes that are making these things happen – building in the infrastructure, the skeleton the muscles, the tendons – that really allow the rest of this operation to go on at a world class level. So I just want to say thanks for doing a great job."

The project was awarded to Walsh Construction in 2014 and was completed in October, replacing a three-cell system. The new four-cell system was built anticipating more demanding cooling loads in the future, according to construction manager Navy Ensign Alexander Megeff.

The new system was designed to be more energy efficient. Instead of using more water to cool water, the new system instead uses air to cool water. That ends up saving in utilities by decreasing water demand, Megeff said.

"The main goal of this project was simple, to provide new cooling towers to benefit the construction of the new hospital that is slated to begin in the next several years," Megeff said. "I can honestly say that through the hard work and effort of the contractor, NAVFAC staff and everyone down at NAVFAC [headquarters], NSAB Bethesda has a new system that will benefit the base for years to come."

NSAB Commanding Officer Capt. Marvin L. Jones said he was impressed with the new cooling towers because of their efficiency.

"This tower has four cells that needed to provide optimum cooling for this installation and our medical facilities during the summertime," Jones said. "The fourth cell is an additional capacity, so if one goes down we will still be able to provide critical cooling to our medical operations to support our mission."

He commended NAVFAC not only for this completed project but also for other ongoing projects on the installation.

"I trust them emphatically on making sure that we have a safe installation and that things move forward frequently and very safely," Jones said. "I'm very, very grateful for that."

"Live Life Your Way"



Vinson Hall
Retirement Community
Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536 - 4344



Vinson Hall
Retirement Community
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org



WRNMMC Offers Lactation Suites to Nursing Moms

By Kalila Fleming
WRNMMC Public Affairs

Nursing mothers now have two new lactation suites at Walter Reed National Military Medical Center.

The suites, also referred to as nursing pods, are located on the basement level of the America Building (19), and offer mothers a private, quiet and comfortable place to nurse and pump. The pods add to the locations available at Walter Reed Bethesda for nursing mothers. Other secured lactation areas are in Building 2, Room 1304C (near Memorial Auditorium), and in Building 9, Room 3277A (next to Patient Relations).

Army Col. (Dr.) Brian Belson, director for education, training and research and staff OB-GYN provider at WRNMMC, conducted a survey in July 2016 and found 45 percent of the patient, active duty and civilian nursing population at the medical center used various locations other than existing lactation rooms, including in offices and call rooms.

This finding indicated WRNMMC's need for the lactation suites, according to registered nurse and lactation consultant Patti Bascietto.

"I had a mother who asked, 'Why we don't have [the nursing] pods?' They had them at Madigan (Army Medical Center in Tacoma, Washington), so we contacted [them] and they gave us information [about the suites]," Bascietto said.

WRNMMC received the pods in December.

Army Lt. Col. Catherine Kimball-Eayrs, deputy director for medicine and staff pediatrician at WRNMMC, explained why the pods were set up in the America Building.

"We knew we didn't have any room resources [for nursing mothers] within the outpatient building (America, 19). In addition, the other locations for mothers to nurse and pump are located on the other side of the medical center (in Buildings 2 and 9)," Kimball-Eayrs said. She added the basement of the America Building also offered the appropriate ceiling level and electrical outlets necessary to accommodate the pods.

Kimball-Eayrs said the pods are currently available to staff and beneficiaries.

"Once we determine [who uses them], we will be able to make adjustments [if necessary], but for now, they are available for anyone who needs to use them," Bascietto added.

Each pod can accommodate two mothers at a time.

Kimball-Eayrs said mothers who use the suites are asked to be considerate and respectful of other moms who may be waiting to use them, as well as cleaning up after themselves once they have finished using the suites.

Bascietto thanked the WRNMMC facilities department for installing the pods, and she also gave credit to the WRNMMC Blue Coat ambassadors for directing mothers to the pods.

"We are trying to let people know [about the suites] as they come through the clinics, as well as let people know through their departments [about the pods and where they are located]," Kimball-Eayrs said.

"We are really excited that we've [obtained] these pods to support our patients and staff so they can do the best for their babies," Kimball-Eayrs added.

For more information regarding the lactation pods, call General Pediatrics at 301-295-4900 or Patti Bascietto at patricia.e.bascietto.civ@mail.mil.



PHOTO BY KALILA FLEMING

Two new lactation suites are available for nursing mothers on the basement level of the America Building at Walter Reed Bethesda. The nursing pods offer mothers a private, quiet and comfortable place to nurse and pump. For more information regarding the lactation suites, contact General Pediatrics at 301-295-4900 or registered nurse and lactation consultant Patti Bascietto at patricia.e.bascietto.civ@mail.mil.

NSA Bethesda NavyLodge® Perfect for Families on PCS Orders



"Navy Lodges are the official government lodging for PCS moves," said Ana Herrera-Ruiz, General Manager, Naval Lodge NSA Bethesda.

- Navy Lodges offers a safe environment for families to stay whether it's for a few days or a few weeks.
- We offer a variety of spacious rooms including: Family suites with oversized rooms, living and dining areas, fully equipped kitchens, flat screen televisions with cable and DVD player and soft and firm pillow options.
- Handicap accessibility.
- Free Wi-Fi
- On site guest laundry facilities, minimart and workout room.
- Free breakfast
- Weekly manager's reception to get tips and information on the area and base.
- Dogs and cats up to 50 pounds allowed, contact for more pet policies.

**Pick up a Navy Lodge scratch-off card today and
You could earn a 10%, 15% or 25% discount or a free stay up to 20 nights.**

*The discount is valid at all Navy Lodges in the continental United States until February 28, 2017. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466.

**Room rates at an average of 45 percent below
comparable civilian hotels.**

**For reservations, call (800) 628-9466
or go online at www.navy-lodge.com
8855 Stokes Road, Bldg. 52, Bethesda, MD 20889-5642**



SAIL Suicide Prevention Program Launches Navy-wide

By From Chief of Naval Personnel Public Affairs

The Navy's 21st Century Sailor Office announced Feb. 6 that the suicide prevention program Sailor Assistance and Intercept for Life (SAIL) is now available Navy-wide at all Fleet and Family Support Center (FFSC) locations.

SAIL, which was launched as a pilot program last August in the Pacific Northwest, is designed to provide rapid assistance, on-going risk assessment and support for Sailors who have exhibited suicide-related behavior. It is aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

"We are excited that we are able to bring this important program to the fleet ahead of schedule," said Capt. Michael Fisher, Director, Navy Suicide Prevention Branch. "Having SAIL available across the Navy is a great addition to the ongoing work that commands are doing to promote help-seeking behavior, self-care, and support for our Sailors who reach out for assistance. Instilling hope is the hallmark of SAIL and we believe those Sailors who take advantage



PHOTO BY MC2 JOHANS CHAVARRO

Boatswain's Mate 2nd Class Mark Bonner, vice president of the Pearl Harbor Coalition of Sailors Against Destructive Decisions (CSADD) chapter, participates in a Suicide Prevention Month gate awareness event at Joint Base Pearl Harbor-Hickam.

of this terrific program will see its benefit."

The Chief of Naval Personnel's Suicide Prevention Branch is partnering

with the Navy's Bureau of Medicine (BUMED), CNIC, and SAIL case managers who are serving as FFSC counselors to run this new program.

SAIL is not designed to replace clinical treatment for any suicide related behavior. However, upon receiving information from commands about a Sailor who has demonstrated suicide-related behavior, Suicide Prevention Coordinators (SPC) will work with CNIC, and in turn an FFSC case manager, whose responsibility will be to reach out to the individual Sailor to see if they would volunteer to participate in the SAIL program. Case managers will contact Sailors in the 90 days following suicide-related behavior.

Suicide Prevention is a cooperative Navy-wide effort that takes engagement, awareness, and action at all commands and ranks. N1, BUMED, CNIC work together to provide a range of resources to include mental health treatment, spiritual counseling, personal wellness counseling, crisis intervention as well as financial education.

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week. Call 1-800-273-8255 and Press 1, chat online at <http://www.militarycrisisline.net> or send a text message to 838255.

CELEBRATE 20 YEARS RUNNING

2015
Joe Harris completes his 100th Rock 'n' Roll Marathon Series race.

2016
Ranked the #1 race event in Washington, D.C. by Destination DC! Rock 'n' Roll DC leads the pack in the capital city.

2012
Rock 'n' Roll Marathon Series puts DC on the map! Changed from Rock 'n' Roll USA to DC.

2013
The Start Line moved to iconic Constitution Avenue.

THIS IS YOUR MOMENT

\$10 OFF*
USING CODE: **DCMILITARY**

UNITED Rock 'n' Roll MARATHON & 1/2 WASHINGTON DC

MARATHON | 1/2 MARATHON | 5K

CREATE YOUR MOMENT ON **MAR 11, 2017**

REGISTER AT [@RUNROCKNROLL](http://RunRocknRoll.com) /

UNITED BROOKS TOYOTA Humana Synchrony GEICO CEP Modibodi Ultra Maui Jim Joybird G Endurance

*Offer valid for \$10 off marathon and 1/2 marathon distances only. Offer expires 3/5/17.

Free tax software and support available for military and family members

By Lisa Ferdinando
DoD News

With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes.

Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost MilTax software, said Erika Slaton, a program analyst with Military OneSource.

The Defense Department recognizes military members and their families have unique filing situations with deployments, relocations and various deductions and credits, she said.

The MilTax software, previously known as "Military OneSource Tax Services," was created with the military situation in mind, Slaton said.

Expert tax consultants ready to help

Tax consultants are available via phone through Military OneSource, Slaton said. In-person tax filing assistance can be accessed at military installations at a Volunteer Income Tax Assistance location.

The tax consultants can inform eligible users about the unique tax benefits available to service members and their families, Slaton said.

Tax laws change each year, Slaton pointed out, adding MilTax consultants are experts on the nuances of the law and can help users get the tax credits they earned and deserve.



PHOTO BY SENIOR AIRMAN AUBREY WHITE

U.S. Air Force Senior Airman Holden Smith, 633rd Air Base Wing Judge Advocate paralegal, assists Senior Airman Terrence Eaton, logistics readiness squadron vehicle maintenance journeymen, in filling out a form at the Langley Air Force Base, Va., tax center Feb. 5, 2013. As in the past, tax assistance is being offered to members of the armed forces and their families.

"That's why it's such a great program because it is a program that is specifically designed for those unique military tax situations," she said.

Confidential, secure Resources

MilTax is confidential and secure, Slaton said. The online filing program allows users to submit a federal return and up to three state tax returns, she said.

Those eligible for MilTax include members of the Air Force, Army, Navy, Marines and National Guard. Coast Guard members serving under Title 10 authority are entitled to the services as well. Retired and honorably discharged members are authorized for up to 180 days past their separation. Spouses, dependent children and survivors are able to use the free services as well.

Calculations are backed by a 100-percent accuracy guarantee, Slaton said.

The deadline to file taxes this year is Tuesday, April 18. The traditional tax deadline day is April 15, but it falls on a Saturday this year, and the following Monday, April 17, is Emancipation Day, in the District of Columbia — a legal holiday — according to the IRS.

Call, click, connect

Slaton wants the military community to know about the range of services and resources available at no cost through the Defense Department-funded Military OneSource, including those related to health, family relationships, education, employment, financial issues, deployments and transitions.

Military members and their families, she said, can "call, click and connect today" to access these services.

"We encourage service members and their families to learn more about Military OneSource, MilTax and all of the services that are available because it is a benefit that they deserve," she said.



Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



Townhouse for Rent

NORTH POTOMAC, 4BR, 2.5BA, finished walkout basement townhouse, no pets, \$1995/mo, 240-855-3317

Collectibles

Encyclopedia Britannica, 1995
Micropedia - \$400
Macropedia - \$400
240-606-2026

Clothing

Mink coat - full length dark
\$1200. Size medium.
734-546-7959

General Merchandise

Two gravesites. Southern Memorial Gardens. Dunkirk, MD.
Lots95BC \$1850/OBO.
240-432-1540. 301-356-2536.

Sporting Goods

Exercise Bike - free.
734-546-7959

Motorcycle helmets - HJC, 2 available. \$75 each. 734-546-7959

To place an ad
Call 301-645-0900
or visit us online at
classads@
somdnews.com

Motorcycle jacket - Joe Rocket Ballistic. Size Large. Padded.
\$75. 734-546-7959

Seasonal

Firewood. Mixed hardwood.
\$150/cord. Delivery & stacking
available. Contact Pat @
240-216-5553

**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND**

**TO PLACE YOUR AD
CALL 301-645-0900**

Navy Medicine Launches New Mobile App for Sailors, Marines, Families

By From U.S. Navy
Bureau of Medicine and
Surgery Public Affairs

Navy Medicine announced the launch of a new enterprise-wide mobile app for Sailors, Marines, and their families, Feb. 6.

The app provides users with access to military treatment facility locations, leadership information, Department of Defense hotlines, Relay Health, and links to Navy Medicine social media and other health resources.

"Every day we leverage mobile technology for a greater portion of the things we need and want to do; our Sailors, Marines and their families deserve this same level of convenience from Navy Medicine," said Mark Beckner, chief digital officer, U.S. Navy Bureau of Medicine and Surgery.

Navy Medicine will continue to update the app with new capabilities to improve functionality throughout 2017.

"We will continue to grow the app based on the needs and wants of our Sailors, Marines, and their families," said Beckner. "Our goal is to improve



PHOTO BY MARIAH FELIPE

Navy Medicine announced the launch of a new enterprise-wide mobile app for Sailors, Marines and their families, Feb. 6. You can download the Navy Medicine app on the Apple App Store and the Google Play Store.

the overall Navy Medicine experience and improve convenience for our patients through technology."

The Navy Medicine app is available for download on the Apple App Store

and the Google Play store.

Navy Medicine is a global health care network of 63,000 personnel which provides health care support to the U.S. Navy, Marine Corps, their families, and

veterans in high operational-tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships, and research units around the world.



Introducing the Next Generation of Online Obituaries, a new way to honor, share and remember your loved one's legacy.

This enhanced online obituary opens a world of expression, sharing and love for family and friends. The latest online and mobile experience has been

created to help you remember, honor and cherish the memory of your loved one.

Come Closer Today.

Come Closer by honoring the memory of your loved one like never before. Come Closer to a place where the world pauses to embrace the power of a life well lived. Come Closer.

To Honor, Remember and Share

We now have the ability to customize each obit with...

- New design puts the emphasis on your loved one with a larger photo or icon
- Guest Book remains online permanently
- Easily upload photos and videos to a gallery
- Send video condolences
- Use Facebook, Twitter and email to share obituary and Guest Book
- Service information is displayed prominently with calendar functionality and a link to the funeral home website
- "Listen to Obituary" audio feature
- Send flowers and/or make charitable donation
- 24/7 quality management of your listing

The Journal

For more information, please call Cathy Ozman - (410) 770-4179